Smart Snacks

[Announcer] This podcast is brought to you by the Centers for Disease Control and Prevention. CDC - safer, healthier people.

[Caydan] Hi kids! Welcome to CDC Kidtastics Radio! I'm Caydan Kidtastic. Today, we're talking about smart snacks!

[Karmen] Here are some great snacks to munch on to keep your body movin.

[Caydan] Fresh veggies, like carrots, green peppers, or broccoli; and snack-sized boxes of raisins.

[Karmen] Low-fat yogurt, whole grain cereals, small whole grain bagels, and small packages of trail mix.

[Caydan] And fruit like bananas, oranges, grapes, and berries. Try freezing your grapes for a really great snack!

[Karmen] No matter what type of physical activity you do, always drink plenty of water — before you start, during, and after you're finished, even if you don't feel thirsty.

[Caydan] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO, 24/7.